



Live Long Lyndhurst: 8 Week Adult Wellness Challenge

Join fitness professionals, nutritionists, physical therapists and other experts as they provide education and tips for practical application of health and wellness activities. Topics will include:

- SMART Goals and Choosing an Exercise Plan That's Right for You
- Know Your Numbers: Keep Your Heart Healthy
- Healthy Eating
- Identifying and Overcoming Barriers
- Stress Management
- Strength Training
- Balance and Posture
- Celebrating Success

All participants must have blood pressure and BMI screenings completed during Week 1 and Week 8. Screenings will take place from 5:00 – 6:00 p.m. on Thursday, October 5.

This program is **FREE** and all participants can enjoy full access to the Hillcrest YMCA on Wellness Wednesdays.

The “Live Long Lyndhurst” **Healthy Communities Initiative** is a collaborative effort between Cleveland Clinic and community partners to promote optimal health and wellness. Based on the Community Health Needs Assessment and utilizing combined resources within our local communities, Healthy Community Initiative programs will be customized around three core areas: education, nutrition and physical activity.

WHEN: Every Thursday beginning October 5 and ending November 30, 2017

WHERE: Hillcrest Family YMCA
5000 Mayfield Road
Lyndhurst, Ohio 44124

TIME: 6:00 – 6:45 p.m.: Health Talk
6:45 – 7:30 p.m. Fitness Activity

REGISTER: Online at www.clevelandclinic.org/LiveLongLyndhurst, in person at the Hillcrest YMCA, or call Marybeth Mack, RN, at 440.312.4784.

SPONSORS:

